

SILVER CRITERIA

1. The PTA/PTO must coordinate at least one health-related event per year that involves students, parents, teachers and school staff.



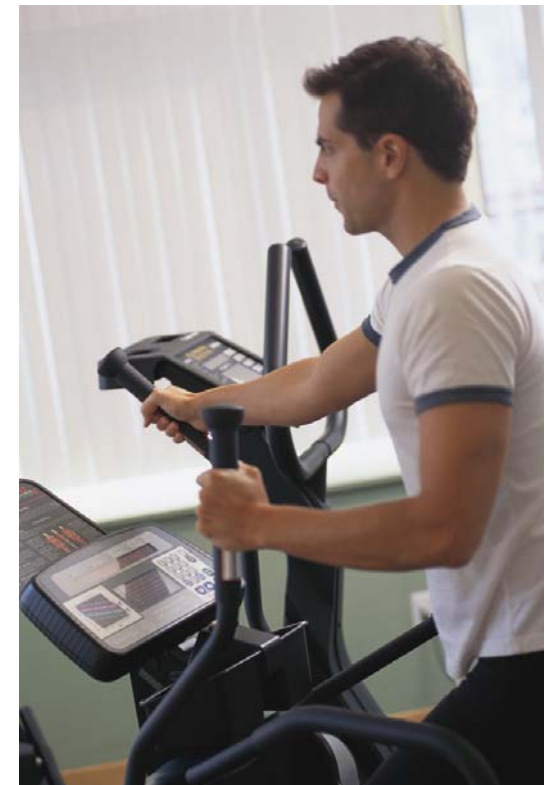
2. Write a policy requiring a yearly faculty and staff wellness program.



- Healthy Utah – PEHP
- Colorful Choices
- Maintain Don't Gain
- March Madness
- BP checks PRN
- Exercise Tips and logs
- Create a program for tracking faculty and staff participation in walking with the students.
- Food logs
- Quit smoking information



Additional wellness idea's have been added to the document and resources folder.



3 – Offer a variety of competitive and non-competitive physical activity programs accessible to all students.



Competitive Sports



Non-Competitive Sports



4 – Choose and complete three criteria from the criteria menu

Criteria Menu

1. Participate in Walk Your Child to School Day
2. Participate in the American Heart Association's physical activity and community service programs, Jump Rope for Heart or Hoops for Heart.
3. Participate in the 5-a-day” Fruits and Veggies: More Matters” Grocery Store Tours.
4. Participate in the American Diabetes Association’s School Walk for Diabetes
5. Participate in the Truth From Youth ad campaign
6. Teach a proven, effective tobacco prevention program such as “Project Towards No Tobacco” in the classroom.
7. Utilize the Utah State Office of Education’s Child Nutrition Program, Cafeteria Connections, to market and promote the link between the cafeteria and the classroom.
8. Participate in the USDA’s Food and Nutrition Service program, Healthier US Challenge
9. Participate in national health campaign such as Red Ribbon Week, National Nutrition Month, or Green Ribbon Month.



10. Hold an Olympic Field Day
11. Allow students and community members to use the physical activity facilities outside school hours.
12. Establish a School Health Council that discusses ways to meet Gold Medal School criteria at each meeting.
13. Write a policy that discourages withholding PE or recess as a punishment, include methods to ensure faculty awareness of the policy
14. Write a policy that provides for continuing education and training in the areas of physical education, tobacco prevention, and nutrition for teachers who teach these subjects.
15. Write a policy that requires both lunch and breakfast programs
16. Participate in the Physical Fitness Testing or the Health Fitness Testing of the President's Challenge
17. Participate in the Governor's Golden Sneaker Awards Program

